

Your travel guide to:
Team Valley Trading Estate



Welcome to your 'Team Valley Trading Estate' Clearways Travel Guide

This guide outlines your options for travelling to Team Valley Trading Estate. It contains information on alternatives to car travel which can help keep you and your environment healthy.

Where is the Team Valley Trading Estate?

**Team Valley Trading Estate
Gateshead
NE11**

TIP - If using a satellite navigation system ensure you enter NE11 postcode rather than NE8.



Walking



Walking is a healthy form of exercise and generates no pollution. There are a number of off-road paths throughout Team Valley, and these are illustrated on the map overleaf.

Cycling



Cycling is a great way to keep fit while travelling to work and there is an ever expanding network of on road bike lanes and off-road cycle paths. Recommended routes in the Team Valley are shown on the map including Kingsway and Eastern Avenue.

Cycle parking facilities are available at a number of the businesses on Team Valley. For online cycle map routes and further cycling information visit:

www.sustrans.org.uk

www.cycle-routes.org/cycle-gateshead/

Bus



Team Valley is well served by bus services from across the region. Bus stops are located within a short walking distance of the businesses located throughout the Estate.

Use the bus stops located on Kingsway for services

91	Newcastle
93/94 (The Loop)	Gateshead Interchange, Low Fell, Felling, Heworth, Saltmeadows (Circular services)
924*/929*	Heworth, Wrekenton, Low Fell
930*/932*/933*	Chopwell, Winlaton, Crawcrook, Blaydon, Swalwell
935*/937*	Chester-le-Street, Pelton, Ouston, Birtley
939*	Washington, Sunderland
941*	Newcastle, Lemington, MetroCentre

Rail



The closest railway station is Newcastle Central Station, which is located in the south of Newcastle city centre and is the hub for both regional and national rail services. Direct bus connections are available from Central Station to the north end of Team Valley Trading Estate throughout the day, alternatively you can travel by Metro to Gateshead Interchange from where frequent bus connections are available to the Trading Estate.

Taxi



For information on local taxis visit:

www.newcastleupontyne.com/gateshead/getting/around/taxis.htm

The taxi firms listed on this web page are for your information. This guide does not endorse any particular taxi firms in Gateshead and is not responsible for the facilities and services of companies listed.

Air



The journey time by Metro from Newcastle International Airport to Gateshead Interchange is 25 minutes. Frequent bus connections between Gateshead Interchange and Team Valley Trading Estate are provided throughout the day. (Please see Bus Section for further details)

Parking on site



Given the very limited car parking facilities on site, it is advisable to reach Team Valley by alternative means of transport.

Car sharing



Car sharing is when two or more people share a car and travel together. You get the convenience of the car whilst reducing the problems of congestion and pollution.

A special car sharing service has been set up for the employees on Fifth Avenue. Log on to www.fifthavenuecarshare.com for further details.

LinkUp



LinkUp is a bus service that you can book on the phone and is available to everyone in Tyne and Wear. It provides journeys at times when regular services are not operating or where direct services are not available.

For more information on the service please call 0191 20 20 632 or email linkup@nexus.org.uk, to book call 0191 20 20 666.

Park & Ride



You can Park & Ride at the following Metro Stations: Callerton Parkway, Bank Foot, Kingston Park, Regent Centre, Heworth, East Boldon, Stadium of Light, Four Lane Ends and Northumberland Park.

You should then travel by Metro to Gateshead Interchange from where frequent bus connections are available to the Trading Estate.

For more detailed information contact:

www.accessteamvalley.co.uk

Your one stop shop for everything you need to know about travelling at Team Valley. Click on and you will be able to:

- **Plan your journey to Team Valley**
- **Find someone to share your car journey with**
- **Learn all about smarter travel choices**
- **Calculate the cost of driving to work**

The website provides everything you need to know about changing how you travel to work to make it cheaper, healthier and less stressful for you, and less polluting for the environment

LinkUp: 0191 20 20 632
linkup@nexus.org.uk

Nexus: 0191 203 3333
www.nexus.org.uk

Journey Planner:
www.transportdirect.info

National Rail: 08457 484950
www.nationalrail.co.uk

A Nexus TravelShop is located in Gateshead Interchange.



Use the bus stops located on Lobley Hill Road (Team Valley North entrance) for services

69	Wardley, Leam Lane, Low Fell, Lobley Hill, Whickham, Blaydon, Winlaton
95/96	Newcastle, Gateshead Interchange, Dunston, MetroCentre
97/98	Newcastle, Gateshead Interchange, Dunston, Whickham, Fellside Park, MetroCentre (Circular services)
X30/X31	Newcastle, Gateshead Interchange, Sunnyside, Shield Row, Stanley, Annfield Plain(X31), Lanchester(X31)
X70/70	Newcastle, Gateshead Interchange, Sunnyside, Burnopfield, Dipton, Leadgate, Consett

Note - The services which are listed above with (*) operate Monday to Friday at peak times only.

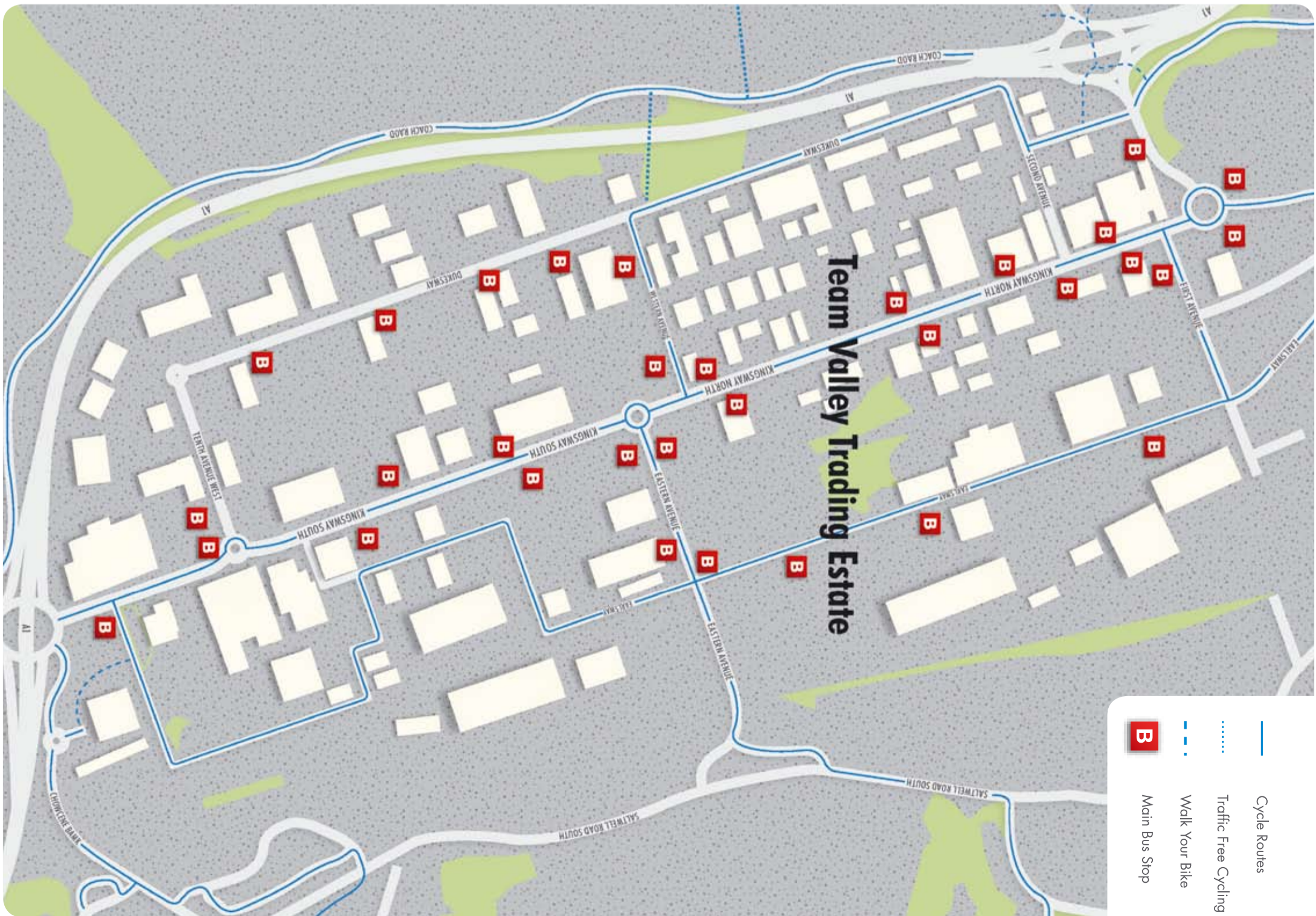
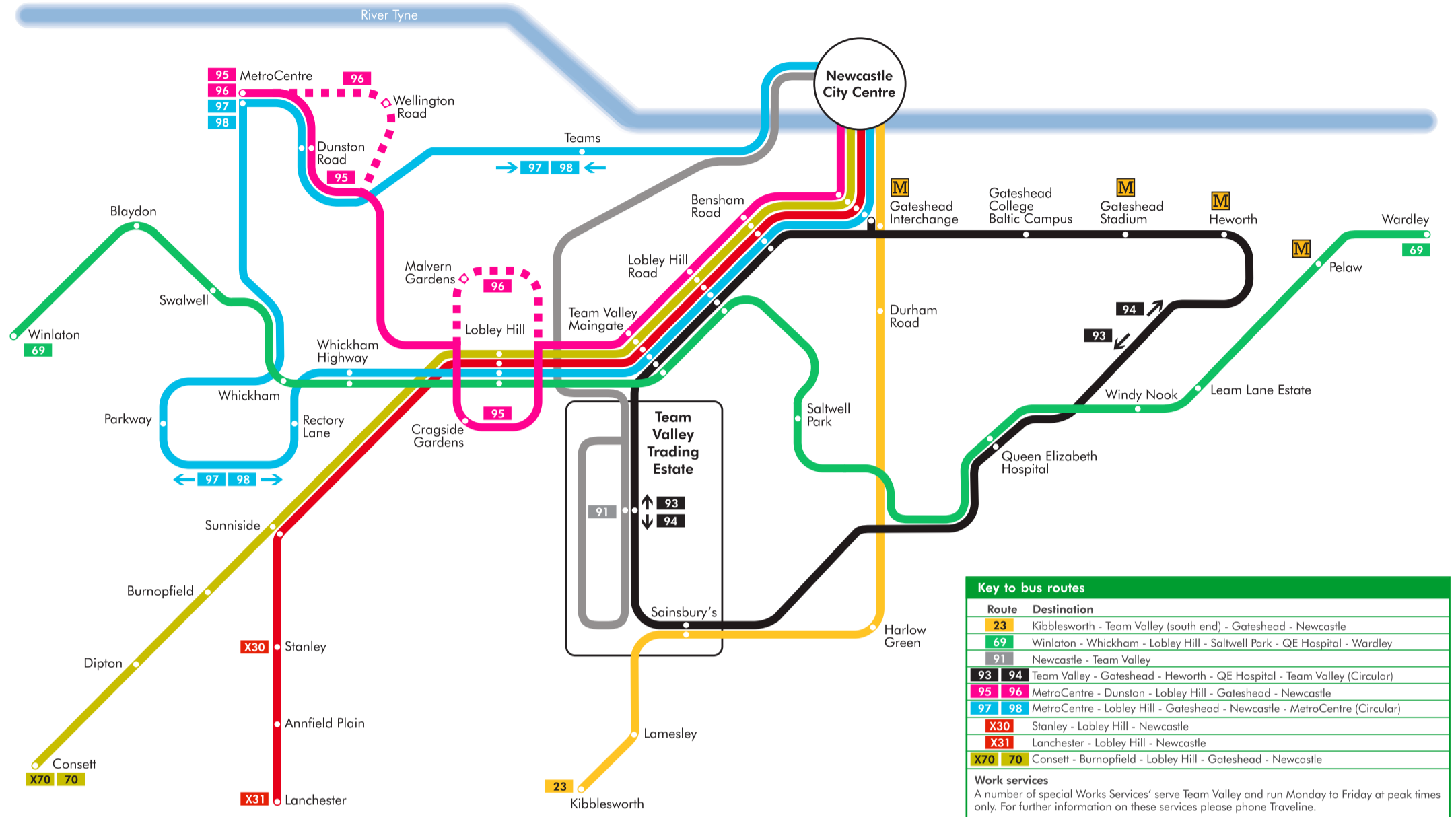
For further information on any of the services listed above please contact Traveline on 0871 200 22 33 or visit www.nexus.org.uk

Metro



Metro provides a fast and frequent service in and around Tyne and Wear. The closest Metro station to Team Valley Trading Estate is Gateshead Interchange. Frequent bus connections between Gateshead Interchange and Team Valley Trading Estate are provided throughout the day. (Please see Bus Section for further details)

Clearways to... Team Valley Trading Estate



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